**WOLFE COUNTY HIGH AND MIDDLE SCHOOL LUNCH MENU 2015-2016**

**WEEK 1 CYCLE MENU**

**Item# Monday Week 1 Item # Tuesday Week 1 Item# Wednesday Week 1 Item # Thursday Week 1 Item # Friday Week 1**

709361 Chicken Nuggets 5=2oz 565041 Cheeseburger 437440 Pepperoni Pizza Recipe Beef & Cheese Lasagna Recipe Chicken Fajita Wrap 2oz

112401 W/G Rolls/1.5 comm. w/American Cheese 1 oz 437430 Cheese Pizza w/WG Texas Toast USDA Shredded Cheese

Tomato Slice 1/4c 811530 Tortilla W/G

613738 Mashed Potatoes ½ c. 249111 Lettuce Jammers (1 leaf) 560545 Baby Spinach ½ c 560545 Baby Spinach ½ c 451730 Romaine Ribbons ½ c

118915 Glazed Carrots ½ c 822477 Baked Beans ½ c 569551 w/Cherry Tomatoes 1/2c 569551 w/Cherry tomatoes 1/4c 508616 Diced tomatoes ¼ c

769878 Green Beans ½ c 200697 Baked Fries 1c 283339 Broccoli & Cauliflower ½ c Cucumber slices ½ c 598453 salsa ¼ c

613967 Baby Carrots ¼ c 293962 Refried Beans ½ c

283730 Whole Kernel Corn 1/2c 555169 Spanish Rice ½ c 605565 Peppers & Onions ½ c

198013 Orange wedges ½ c 256770 Canned Peaches ½ c 509221 Pineapple Tidbits ½ c 135440 100% Apple Juice 4oz 212768 Strawberries ½ c

278971 Applesauce ½ c 201456 Red Delicious Apple ½ c 612448 Mandarin Oranges ½ c 838411 Cantaloupe/Honeydew 200999 Whole Banana ½ c

Chunks ½ c

255521 Ketchup 2 pkgs 9 gram 159950 Mustard 2 pkgs. 5.5 grams 825010 Light Ranch Dressing 1 pk 825010 light Ranch Dressing 1 pk 853190 Sour Cream FF

294659 BBQ Sauce/1pk-1oz 255521 Ketchup 2 pkgs. 9 gram 140931 Light Italian 1pk 140931 Light Italian 1 pk. 192007 Taco Sauce/2 pkg-9 gm

Prairie Farms Low fat/skim Prairie Farms Low fat/Skim Prairie Farms Low fat/Skim Prairie Farms Low fat/Skim Prairie Farms Low Fat/Skim

Milk 8oz Milk 8oz Milk 8oz Milk 8oz Milk 8oz

**WEEK 2 CYCLE MENU**

**Item # Monday Week 2 Item # Tuesday Week 2 Item # Wednesday Week 2 Item # Thursday Week 2 Item # Friday Week 2**

533830 W/G Chicken Strips Recipe Beef Taco 641402 Chicken Sandwich Recipe W/G Spaghetti w/meat sauce 200174 Hot dog/w/g bun

3=2.5oz Chili (482075)

2/2oz w/WG Texas Toast 720526 W/G tortilla 1.5 oz W/G bun -2oz 787440 w/Bosco Stick 4” =1 grain USDA Shredded Cheese

277862 - 1 slice – 2oz USDA Shredded Cheese

613738 **Mashed Potatoes 1/2c** 451730 **Romaine Ribbons ½ c** 249111 **Lettuce Jammers (1 leaf)** 560545 **Baby Spinach ½ c 822477 Baked Beans ½ c**

**769878 Green Beans 1/2c 508616 Diced tomatoes ¼ c Tomato Slices ¼ c 735787 Chopped Romaine ½ c 293148** **Cole Slaw ½ c**

**598453 Salsa ¼ c 200697 Baked Fries 1 c 199044 w/Cherry Tomatoes 1/4c**  613967 Baby Carrots 1/4c

612448 Mandarin Oranges ½ c 293962 Refried Beans – 1/2c 118915 **Glazed Carrots - 1/2c 283339 Broccoli ½ c &Cauliflower 1/2c**

**201456 Apple 1/2c 283730 Whole Kernel Corn 1/2c 732451 Steamed Broccoli 1/2c Oranges ½ c**

**762407 Apple 1/2 c**

**255521 Ketchup 2pkg-9grams 200999 Whole Banana ½ c 224456 Canned Peaches ½ c**

**791369 Honey Mustard 1pk 506109 Mixed Fruit ½ c 278971 Apple Sauce ½ c 198056 Fresh Pears ½ c 159950 Mustard 2 pkgs/5.5gms.**

**294659 BBQ 1pk-1oz 224421 Pear Halves ½ c 825010 Lt. Ranch 825010 Lt. Ranch 1pkg 255521 Ketchup 2pkgs/9 grams**

**714510 Sweet & Sour 1pk-1oz 853190 Sour Cream FF 188741 Lt. Mayonnaise 1pk Low fat/Skim Milk 8oz Low fat/Skim Milk 8oz**

**Prairie Farms Low fat/Skim 192007 Taco Sauce 2pkgs. /9gm Low fat/Skim Milk 8oz.**

**Milk 8oz Lowfat/Skim Milk 8oz**

**[[1]](#footnote-1)The U.S. Department of Agriculture (USDA) prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or if all or part of an individual’s income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.)**

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**Wolfe County High School will offer Papa John’s Pizza the 1st Friday of each month. Also, Chili or Vegetable Soup w/Grilled Cheese and saltine crackers will be offered on every other Thursday of Week 1. Portion sizes will be more for some items at WCHS due to higher calorie ranges.**

**MENU SUBJECT TO CHANGE DUE TO HOLIDAYS, SNOW DAYS, OR AVAILABILITY OF FOOD.**

1. [↑](#footnote-ref-1)